Oranges are an excellent source of vitamin C

When you eat a whole orange, it provides good dietary fiber.  Leave in the albedo (the white matter under the peel) as much as possible as the albedo contains the highest amount of valuable bioflavonoids and other anti-cancer agents.

In addition, oranges are a good source of vitamin A, the B vitamins, amino acids, beta-carotene, pectin, potassium, folic acid, calcium, iodine, phosphorus, sodium, zinc, manganese, chlorine and iron.